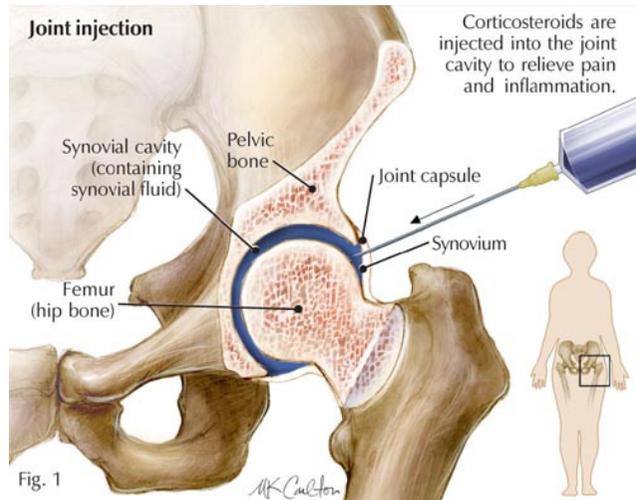


If you have any problems such as: a high temperature/ fever, increasing redness/ swelling around the joint, increasing pain that continues to get worse, increasing difficulty moving the joint, please contact the hospital immediately, on the above telephone number, or alternatively contact your own doctor.



This leaflet is available in large print,
Braille and on tape.
Please contact Geoff Pennock on 0151 604 7289.



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Please refrain from smoking on site.

Joint Injection Under General Anaesthesia Or Local Anaesthesia As An In-patient Procedure

Information for Patients

Author: K Howard
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Having an injection into the joint.

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Prior to your joint injection

Before you have your treatment, you will be asked some questions about your health, experience of medical treatment and any allergies that you have. If you take medication, continue to take this as usual, unless your consultant or anaesthetist tells you not to. If you are unsure about your medication please contact the hospital.

Before you come into hospital

You may be asked to;-

Have a shower or bath on the day of your admission.

Remove any make-up, jewellery and nail-varnish.

Remain nil by mouth for about six hours before a general anaesthetic or sedation. Some anaesthetists allow occasional sips of water until two hours beforehand.

When you arrive at the hospital

A nurse will carry out some simple tests, such as checking your heart rate and blood pressure, and testing your urine. Your consultant may also visit you before the procedure. Your skin will be cleaned with a sterile wipe and shaved if necessary.

If you are happy to proceed with the treatment, you will be asked to sign a consent form, if you haven't already done so.

The benefits of a joint injection

The purpose of administering a joint injection is to reduce pain, inflammation and swelling. The aim is to help you move the joint more easily and comfortably.

Treatment

A thin needle is inserted into the joint. Then the local anaesthetic and the steroid are injected. You may have more than one injection. If you have too much fluid in your joint making it feel tight and uncomfortable, your consultant may draw the fluid out with a syringe before injecting the steroid and local anaesthetic into the joint. This is known as a joint aspiration.

After the procedure

If you have had a general anaesthesia, you will be taken back to the recovery room, where your blood pressure and heart rate will be monitored. You will then be taken back to the day ward until the effects of the anaesthesia have passed. When you feel ready, you will be able to drink and eat.

If you have had the treatment without a general anaesthesia, you will be taken straight away back to the day ward.

You will need to rest for one-two hours. The nursing staff will be on hand to offer pain-relieving medication and to make sure that you are comfortable.

Before you go home, you may be visited by the physiotherapist. The physiotherapist will assess your movements and may give you some exercises to do at home.

You will be able to go home, once you have made a full recovery from the anaesthesia or sedation.

Follow up care

An appointment will be made for you to come back to see your consultant and a contact telephone number for the hospital will be given to you for any further advice.

**Arrowe Park
0151 604 7069**

**Clatterbridge
0151 482 7770**

Following a general anaesthesia or sedation, you must not drive, drink alcohol, operate machinery or sign legal documents for 48 hours afterwards. You should arrange for someone to collect you from hospital and stay with you for the first 24 hours.

The risks of a joint injection

Adverse reactions and side effects are rare; some patients experience quite a painful reaction after the injection lasting two-four days, this will normally settle.